

## **WEIGHT LIFTING PLATE**

### **Abstract of the Disclosure**

A weight plate for use with a barbell or dumbbell which incorporates a plurality of handgrips formed near the peripheral surface of the weight plate. The handgrips have a transverse width and radial height sized to provide a convenient gripping point for individuals with smaller hands, such as women, children, or smaller men. These small circumference handgrips are indented from the outside edges of the weight plate to allow for more convenient manipulation of the weight when the weight abuts against a solid obstruction, such as another weight plate on a weight stack. This indentation of the hand grips also provides protection for the hands and fingers of a weight lifter manipulating the weight plate in a weight lifting environment. The location of the handgrips of the present invention also facilitate the lifting and transport of the weight plate in the weight lifting environment, by reducing the stresses on the weight lifter's shoulder joints.

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